

## **Life Enhancing Wellness Center, LLC**

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## **Welcome to the 21 Day Metabolism Reset Program**

This is simple, doesn't seem like dieting and works.

I will be coaching you on what is classically known as the "Elimination Diet". You will be doing this in steps based on metabolism and hormone balancing. Most you reading this are way out of balance as far as your hormones are concerned and hormones dictate your weight. Estrogen and insulin are the main players here. Most of you may have known that insulin was an issue but may not have been aware of the role that estrogen, testosterone, cortisol, ghrelin and leptin play in weight maintenance and a healthy body. The good news is that your body can reset these hormone cell receptors in 3 days of avoiding the foods that trigger them. This system works!

The first week you will need to up your veggie intake; 2 cups of raw and 2 cups of lightly cooked mixed vegetables per day. Along with this you will need to track your fiber intake getting it up to 40g per day. You can do this by eating more vegetables and using fiber powders. Grain sources of fiber should not be used to boost your fiber as the "other stuff" in grains that is destructive to your body chemistry and gut lining are not worth the fiber you get from it.

You will also be tracking your "Net Carbs". Net carbs are calculated by taking your total carb intake minus your fiber intake in grams. An example would be 1 cup of broccoli; 6g total carbs - 2.4g fiber= 3.6g Net carbs. Your goal will be to keep your Net Carbs between 20g – 40g per day in order to lose weight, this puts you into ketosis or fat burning mode. Once your weight goal has been attained you will up your net carbs to 50g to 100g. You slowly up your carbs towards 100g until weight or one of your chronic symptoms returns then back it down 10g of net carbs and stay at that level until something else in your life changes to improve your health.

Let's get started!

### **Estrogen**

Estrogen is needed in both men and women all their lives but in different amounts. Estrogen should be in balance with all the other hormones. For most people it is usually too high, "Estrogen Dominance". If it is then you continue to gain fat especially around the waist and hips and weight loss seems impossible. Many things including fat cells themselves increase estrogen levels, especially beef and pork due to pollutants and purposely added hormones and antibiotics. Artificial hormones and antibiotics are used to fatten them up fast, bringing more at the market. Chemical pollutants, pesticides and herbicides (roundup) used in growing their feed and "grassy" pastures they graze on build up in their systems being compounded in the meat of these animals and then we eat them polluting our bodies. Many studies over the past few years have shown this. Also the high Omega-6 content of modern beef causes inflammation which triggers weight gain in people. It comes from the cattle feed being mostly grains, corn and soy which are not their natural food choices, grass is. The high Omega-6 compared to their relatively low Omega-3 consumption makes modern beef and pork more fat stimulating to us when we eat it. Omega-6 fats are needed by our bodies but when

consumed in high quantities general inflammation occurs throughout the body not only causing pain but stimulating cortisol release (stress hormone) which also tells the body to hold onto fat.

### **Day 1: Phase I Eliminate Red Meat from this point forward**

Organic eggs, turkey, chicken, duck, pheasant and goose are still on the menu along with wild caught deep water fish like cod, mackerel, halibut as well as salmon(wild caught not farm raised) and shellfish. Most catfish and Tilapia are farm-raised and should be avoided as the fish feed is made from corn and soy usually full of Omega-6's and not many 3's. Your big midwater game fish like tuna, shark, and swordfish are full of heavy metal and other ocean pollutants so avoid these. Which ever protein you decide to make serve it with a healthy helping of fresh vegetables especially broccoli, cauliflower, cabbage, Bok Choy, Brussel sprouts (cruciferous vegetables) as they have an enzyme that blocks or slows natural estrogen production. *(Obviously if you are woman who has low estrogen you should avoid these vegetables but you probably don't have a weight loss issue and are not reading this guide.)* Minimal starches are still okay for now but keep portions to half a palm. (Your own hand is your personal portion meter.) So white potatoes, oats, grits, cream of wheat, rice, and quinoa are still acceptable at this point. I would like point out that sweet potatoes have a lot of fiber and are therefore better dietetically for you than white potatoes. French fries are bad just accept it... Avoiding all fried food for the next 21 days for the "bad" fats they contain should also be obvious.

### **Insulin**

We all know sugar eaten in high quantities is "bad", yet each American eats over 152 lbs. of it a year! This rise correlates exactly to the rise of degenerative disease over the last 40 years. When you eat sugar your body releases insulin to pull it out of the blood and get it inside the cell so that it can be used as energy. When the cell is "full" the receptor sites stop working but your pancreas continues to release insulin in response to the high blood sugar levels (blood glucose). Now as you continue to over-eat sugar and simple carbs (bread, pasta, baked goods, white potatoes, etc...) your cell's receptor sites become "numb" and stop reacting so your pancreas has to pump out abnormally high amounts of insulin to get the cell's attention, this is called Insulin Resistance. Eventually your pancreas will burn out from your chronic over eating of sugar and simple carbs to the point of causing Type II Diabetes. These high blood glucose levels clog up everything, numb and destroy nerve endings (neuropathy, retinopathy) and slow healing factors if not corrected. Amputation of lower limbs and permanent blindness are quite common from our poor eating habits. The consistent high blood levels of insulin due to insulin resistance produces more fat cells and enlarges them! The up and down glucose levels also trigger a "stress situation" affecting your adrenals which produce the stress hormone called cortisol and this hormone which we will cover in a little bit compounds the problems making weight loss even more difficult.

### **Day 4: Phase II Eliminate Sugar form this point forward**

"Sugar is bad", as my Nutrition Response Testing teacher pounded into our heads at every class, 100 times a day! Maybe I can do you the same favor. Sugar causes 147 known diseases and to reset your insulin receptors all sources of sugar need to be eliminated. No sugar in your coffee, no baked goods, no cookies, no juices, no sweetened sodas, no BBQ sauces, no energy drinks. No artificially sweetened products either as chemical sweeteners may not be digestible (they are linked to cancer) but still trigger hormone reactions that cause us not to burn fat. Stevia is a plant and fairly digestible, the only "sweetener" that does not contain glucose and can be used unless you are sensitive to it of course. The wood alcohols, Sorbitol, Xylitol and Mannitol also need to be avoided

## **Day 7: Phase III Eliminate all fructose- all fruit from this point forward**

This is really a continuation of the last phase you just started. Fruit, honey and commercially sweetened products (most sodas, cupcakes, jellies, Twinkies, etc.) are sweetened with fructose. Yes High Fructose Corn Syrup is “highest” fructose sugar with a few extra chemical residues like mercury which it gets from the totally “unnatural” chemical synthesizing process that takes corn and extracts the fructose then amps it up. But that’s for another article... Fructose is a sugar but your body digests it very differently than table sugar or can sugar which is called sucrose which is refined white sugar. (Not to be confused with the artificial sweetener “sucralose” which is a man-made chemical). 74% of fructose that you eat whether from fruit or sodas is immediately converted by the liver to fat. Normally sucrose is converted to glycogen which is used by the muscles and liver before your body converts any extra into fat. Therefore losing weight or losing fat is sabotaged by fructose – that soda goes right to your hips! Only highly trained athletes whose metabolisms burn calories very fast and efficiently can burn fructose for energy (Gatorade) without turning it into fat. If you are a highly trained athlete you don’t need this 21 day reset.

### **Cortisol**

The “stress” hormone cortisol made by the adrenal glands, two small almond shaped glands that sit on top of the kidneys is very important to us but was not meant to hang around inside our bodies for an extended period of time. Cortisol is responsible for the “fight or flight” response of the autonomic nervous system. This is automatically turned on when you are under stress. It readies your body to act and save itself from danger, either fight the bear or run from the bear (I recommend avoiding the bear all together)! In modern times our bodies tend to think we are always in front of a bear as we are under constant stress and our adrenal glands pump out cortisol and aldosterone which raises our blood pressure, depresses our immune system, causes water retention, reduces acute inflammation but when it hangs around too long it causes inflammation. All this stops us from burning fat, when your body needs to fight you need immediate or “fast” energy and fat is a “slow” burn chemically. This reset will help rest the adrenals and lower your cortisol receptors but learning how to “handle” your life stressors is crucial. If you cannot relax more and keep from getting over-whelmed by life stress will continue to mess with your cortisol making permanent weight loss impossible for you. You will Yo-Yo diet, losing and then gaining all the weight back and then some! Sugar cravings and bingeing will plague you for the rest of your life.

## **Day 10: Phase IV eliminate caffeine for this point onward to the end of the reset**

All caffeinated products; coffee, black tea, green tea, sports drinks, herbal products like Gota Kola have to go. Caffeine is a nervous system stimulant that raises your cortisol via nerve stimulation which eventually gets your adrenals pumped up. This is one reset you may need to work up to before this phase of the program. Try replacing your daily morning coffee on day 1 of this program with black tea or green tea a few days of the week but not all. Work your way up to only herbal and red teas which have no caffeine by this part of the program.

### **Leptin and Ghrelin**

The hormones of hunger, satiation and fat synthesis are at the root of many weight loss plateaus. Leptin tells your brain you’re full and that you should stop eating and Ghrelin tells you to eat. Leptin is the main player here based on the information we know so far. Leptin is made by your fat cells and stimulates your hypothalamus and tells you stop eating when its concentration levels rise. But with over-weight people who have a lot of fat especially belly fat your hypothalamus becomes numb or resistant to leptin so it stops working. This means you feel hungry all the time and don’t know when to stop eating and gain more weight. Leptin is thought to be affected by systemic inflammation (remember those Omega-6 fats I spoke of earlier...they cause systemic or general body inflammation). So in this phase of the “reset” we are focusing on inflammation.

Eating foods you may be sensitive or allergic to will cause this, dairy and grains are considered to be the biggest inflammatory offenders here. Grains are relatively new to human digestion and were introduced about 10,000 years ago but for the prior 200,000 years we did not eat grains. Therefore from an evolutionary point of view many of us do

not have the genes to make strong enough enzymes to break down grains like grazing animals do. What happens in our gut when we eat things we cannot digest fully is that they irritate our intestines like a bacteria or parasite might. An inflammatory response is launched by our gut to “kill” the invader but this “attack” damages the lining of the gut or intestines. When this is repeated regularly the cells that line the gut become weakened and gaps appear allowing undigested food called macromolecules (large proteins and other “things”) to escape directly into the blood stream where they don’t belong. Then the immune system is activated to remove the “invader” attacking these molecules in to get rid of them but one problem (maybe more than one...). These large protein clusters resemble some of our own body tissues so our immune system gets confused and starts attacking our own cells. We destroy our own body tissues in what is called an autoimmune reaction causing major inflammation. Now our guts and entire body is being attacked even our brain cells! So these waves of systemic inflammation mess with our Leptin receptors and clog up some of our normal chemical pathways and it is all these factors that keep us fat. Many autoimmune conditions are known like Hashimoto’s Thyroiditis, Multiple Sclerosis, Lupus and Rheumatoid Arthritis and many more. Over 28 recognized syndromes and many unrecognized autoimmune syndromes are part of the obesity epidemic. All this from eating food you were never meant to eat no matter how good it tasted.

### **Day 13: Phase V Eliminate grains from this point onward to the end of the reset.**

Grains are very complicated protein molecules that we just don’t have the enzymes to smoothly break down. Gluten is one of the protein molecules found in grain. Gluten is the elastic or stretchy part of bread for instance so we like it in cooking. But it is also one of the hardest to digest and break down, most of us can handle it but some irritation always occurs. A few have no trouble digesting it and a few get severe reactions, Celiac’s Disease or the colon or the brain is what we called a severe gluten allergy. But for most of us we just mess up our GI tract when the gluten is not digested properly damaging the lining of the intestines causing Leaky Gut Syndrome.

### **Testosterone**

Milk allergies are huge and most people who have one don’t know it! Millions of people live their lives with a bag of seemingly unrelated symptoms from mental to digestive symptoms and never know the connection is dairy. How do you know if you have a dairy allergy or sensitivity, ask yourself if you crave dairy or run for the ice cream counter or cheese case in the food store. If you do then most likely you have a dairy issue. Testosterone is decreased by many substances that block liver detox pathways things called aromatase inhibitors. Dairy sensitivity; either lactose intolerance (milk sugar intolerance) and/or milk protein sensitivity (casein and whey) are another source of systemic inflammation and cow’s milk is just full of estrogen. Pregnant cows produce milk and that milk is 60-70X more estrogen laden than at other times a cow gives milk. Dairy raises estradiol a form of estrogen. Years of dairy consumption will feminize men, and push women into estrogen dominance by turning down normal testosterone production. Both conditions make men and women fat. Testosterone is important for muscle building and muscle is your main mechanism for burning fat. You burn more fat sitting during the day then you do when you work out for 60 minutes in the gym!

Dairy also contains substances called lacto endorphins which stimulate our brains to want more dairy causing us to over-eat! Now that glass of milk and cookie snack looks very ominous! Both the milk and the sugar trigger over-eating reflexes! If you think of why this mechanism is there it actually is very logical. A baby needs to eat and sometimes needs to be enticed to eat enough so it can grow fast and develop quickly gaining “good” weight. But in adults or inactive children this evolutionary strategy backfires and makes them fat and unhealthy. Dairy also raises estrogen which has an inhibitory effect on testosterone lowering its production. Both these things are not good for weight loss.

## **Day 16: Phase VI Eliminate Dairy from this point onward to the end of the reset**

Stop the dairy in your coffee, no ice cream (double whammy, sugar and dairy!) All cheese, yogurt for now, sour creams, cream cheeses, etc. Almond milk or coconut milk is fine as nut “milks” are NOT dairy.

## **Environmental Pollution and manmade miracles**

It's a toxic world and it's getting more polluted every day. Many of the toxins we are exposed to are things we willingly put on and in our body! Many of our personal skin care and bathroom products have heavy metals and toxic chemicals like BPA's and hormones that can stimulate more unwanted estrogen to be produced, again making us gain and hold fat. And some of those chemicals can be cancer causing if used over years and your genetics say you are sensitive to them. Many chemicals and additives just block metabolic pathways making us weak, contributing to poor health and obesity.

## **Day 19: Phase VII Eliminate Toxins from your household this point onward**

You will need to go through your house and read ALL the labels on your air fresheners, shampoos, soaps, dish soaps, cosmetics, deodorants, etc. Check everything for known toxic chemicals and additives. Read all food labels for food coloring, preservatives and “big words”. There are plenty of internet sites that list food additives that are bad for us.

To make reading food labels easy remember a short ingredient list is always a good thing.

So let's get started. If you found these pages helpful try to come to our live meetings in the office or watch the online summaries that I posted on my Youtube channel. [www.Youtube.com/drdsays](http://www.Youtube.com/drdsays)

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